



Easy vanilla ice cream

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



365 kcal

Ingredients

- 500 g vanilla
- 4 servings vanilla
- 4 servings sun-dried olives soft
- 1 serving frangelico
- 4 servings frangelico

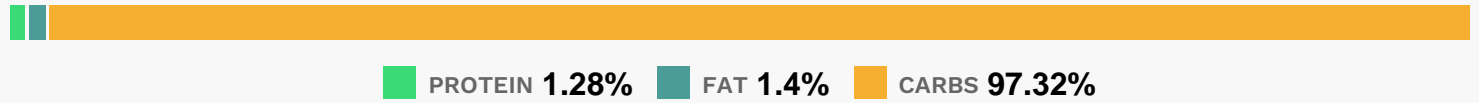
Equipment

- bowl

Directions

- To churn in a machine: In a bowl, mix the ingredients well together. Churn in the ice-cream machine until scoopable.
- Transfer to a freezer container and freeze until needed.
- Mix the ingredients in a bowl and freeze in the bowl for about 90 mins until it starts to freeze around the edges. Stir well then repeat the process twice more until the mix is smooth and frozen. Freeze in a suitable container until needed.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:2.2708695628073%

Nutrients (% of daily need)

Calories: 365.46kcal (18.27%), Fat: 0.11g (0.16%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 16.37g (5.95%), Sugar: 16.32g (18.13%), Cholesterol: 0mg (0%), Sodium: 12.41mg (0.54%), Alcohol: 43.34g (100%), Alcohol %: 43.26% (100%), Protein: 0.22g (0.43%), Manganese: 0.31mg (15.41%), Vitamin B2: 0.12mg (7.33%), Potassium: 220.78mg (6.31%), Copper: 0.1mg (5.25%), Magnesium: 17.06mg (4.26%), Vitamin B3: 0.63mg (3.13%), Vitamin B6: 0.04mg (1.8%), Calcium: 14.96mg (1.5%), Iron: 0.24mg (1.34%), Vitamin B1: 0.02mg (1.28%), Phosphorus: 11.12mg (1.11%), Zinc: 0.16mg (1.06%)